COMMUNITY

Page 6 – New Housing Resource Helpline Launched to Assist Detroiters

EL CENTRAL HISPANIC NEWS

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COMMUNITY

SICILY'S PIZZERIA

Page 7 – We Have a Winner for the Hour Detroit Pizza Bracket

Gran evento "Hiring Combine" Para carpinteros y molineros Latinos

Por Eric Guzmán

El sábado 20 de mayo, el Consejo Regional de Carpinteros y Molineros de Michigan (MRCC por sus siglas en inglés) organizó su primer Hiring Combine de primavera, un evento para buscar talentos que tuvo lugar en el Union Carpenters and Millwrights Skilled Training Center, un centro de capacitación de última generación de 147,000 pies cuadrados en el lado oeste de Detroit.

Si bien algunos de los reclutas potenciales tenían habilidades y experiencia en carpintería, no era un requisito para asistir al evento. Los reclutas estaban allí para mostrar sus habilidades de carpintería y construcción de molinos, realizando varios ejercicios frente a 30 contratistas que buscaban personal. El MRCC recibió a más de 300 candidatos, que buscaban la oportunidad de obtener un trabajo sindicalizado de carpintero o mecánico industrial.

Imágenes pág. 2 y continuación pág. 3

A Call for More Latino Carpenters and Millwrights at Hiring Combine

By Eric Guzmán

On Saturday, May 20, the Michigan Regional Council of Carpenters and Millwrights (MRCC) hosted their first Spring Hiring Combine, an event to scout talent that took place at the Union Carpenters and Millwrights Skilled Training Center, a state-of-the-art, 147,000-square-foot training facility on Detroit's west side.

While some of the potential recruits had carpentry skills and experience, it wasn't a requirement to attend the event. The recruits were there to showcase their abilities in carpentry and millwrights by performing various drills in front of 30 contractors looking to hire. The MRCC hosted over 300 potential candidates looking for an opportunity to obtain unionized carpenter and millwright work.

The MRCC relocated to their new facility about one year ago, and has made a strong effort to recruit Southwest Detroiters; however, there has been some pushback from some of the local schools and the MRCC is trying to understand why? Juan Ortiz, a business representative for the MRCC, and the only bilingual, Spanish-speaking agent in Southeast Michigan, has led the charge to try and inform the community of the union.

Contractors overlooking the course
Photo by Ron Maracle - Business Rep for the Michigan Regional Council of Carpenters and Millwrights

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All Saints Soup Kitchen and Food Pantry Reopening Celebration

The new location is inside the Police Athletic League (PAL) Recreation Center near McGraw

On Saturday, May 20, 2023, Catholic Charities of Southeast Michigan (CCSEM) and All Saints Soup Kitchen and Food Pantry (ASSKFP) celebrated the official grand reopening of their new location at 6945 Wagner Ave just north of McGraw Ave. in Southwest Detroit on the lower level of the Police Athletic League Recreation Center.

The invite-only celebration welcomed nearly one hundred guests, including esteemed community leaders, local dignitaries, and long-time supporters of the beloved soup kitchen and food pantry. Monsignor Charles Kosanke, Board Chair of Catholic Charities of Southeast Michigan, formally blessed the building.

"We are thrilled that this day is here!" said Paul Propson, CEO of Catholic Charities of Southeast Michigan. "This move and grand reopening celebration represent a significant milestone for our mission. We are grateful to our staff, advisory board, and all those who worked tirelessly to secure a new space that aligns with our mission and vision of serving those in Southwest Detroit. With this new facility, we can better serve the community, offering a welcoming environment and essential resources to those facing hardship."

The new location looks to serve those in ZIP codes 48209 and 48210. "We want to help all those in need of food assistance serving as a beacon and sense of hope for residents in Southwest Detroit," says Dave Allen, Program Manager at ASSKFP. "We may have a new location, but our passion and mission have stayed the same."

The celebratory grand reopening came after many ups and downs to the mission, starting with the closure of All Saints Parish at the end of 2017 and its subsequent merger with St. Gabriel's by the Archdiocese of Detroit. With the sale of the property, ASSKFP was compelled to find a new location to ensure the continuity of its vital mission. In 2020, due mainly to the pandemic and the church sale, they were forced to close the original kitchen. Besides this, the larger landscape and community in that original location were changing drastically due to the construction of the Gordie Howe International Bridge, which further divided the community, "it was the time to consider a permanent move," said Allen.

The devoted staff, leadership, and advisory board members worked hard to secure a permanent location within a neighboring parish in or around the Southwest Detroit/River Rouge/and nearby downriver communities. An area — which Allen states is "the true heart and soul of this mission."

During the May 20 grand reopening, attendees toured the facility, learned more about the organization's programs, and witnessed firsthand the positive impact of ASSKFP on the community — especially how the services create hope for so many individuals and families in need. Many attendees provided donations (both monetary and in-kind) to help offset the astronomical cost of food and the increased demand for support.

From Left, Paul Propson, Wayne County Commission Chair Alisha Bell and Dave Allen

The afternoon concluded with a prayer of gratitude led by Monsignor Charles Kosanke and a communal blessing to the attending staff, volunteers, and advisory board members who made the relocation possible.

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EL CENTRAL HISPANIC NEWS

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PEP22-08-03-009

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Hiring Combine

Arnulfo "Arnie" Dealba (right) helping a contestant (left) during the combine.
Photo by Eric Guzman

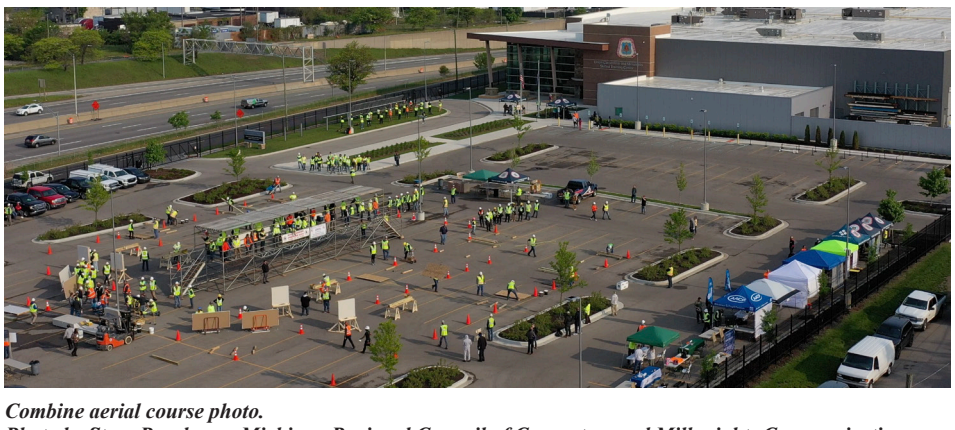
Contestants at the combine showing off their abilities.
Photo by Eric Guzman

Main entrance to Union carpenters and Millwrights Skilled Training Center.
Photo by Eric Guzman

Vendors scouting the contestants at the combine.
Photo by Eric Guzman

HIGAN STATEWIDE CARPENTERS
AND MILLWRIGHTS
SCAN TO
Michigan Regional Council of Carpenters and Millwrights
MENTORING AND RECRUITING WOMEN IN CONSTRUCTION

Participants talk to union representatives after completing the course
Photo by Ron Maracle - Business Rep for the Michigan Regional Council of Carpenters and Millwrights



Combine aerial course photo.
Photo by Steve Purchase - Michigan Regional Council of Carpenters and Millwrights Communications Dircetor

Hiring Combine

Con't from pg. 1

Ortiz began his career 25 years ago as a carpenter and has been instrumental in hiring Latino staff members at the training facility. "The need for (Latin union members) was there since I was in the field," Ortiz stated. "I made it clear that we needed a bilingual secretary and a bilingual teacher, and now we have both."

Tom Lutz, Executive Secretary-Treasurer (Principal Officer of the MRCC), got a chance to explain why an event like the combine is important to have for the union.

"Tradespeople build the physical world we live in, no matter how digital we become, and you can't find that person on a resume," Lutz said. "So we created this (event) to give them the opportunity to share with contractors looking to hire people with these skills and show these potential employers how much they belong in the skilled trades."

Lutz went on to explain why he believes there's a lack of Latino students at the facility and the struggle to connect with the community.

"The construction industry, in essence, is probably 90% male, and probably 70% white, and we're trying to change that. Sometimes those early stage hurdles are language (barriers), but we're trying to go to them by having business agents who speak Spanish, having men and women of color representing us," Lutz said. "We're trying to change and to open doors to provide opportunities to people in underserved communities, and the (Latino) community is definitely underserved in the construction market."

Lutz and Ortiz both highlighted some of the benefits the MRCC provides. They offer a pay-as-you-learn apprentice program where students come to class one day every two weeks and get paid while they're in school. Other benefits of being a part of the union are having a regular work schedule, and being able to qualify for benefits. The education learned at the facility also is used towards college credits, giving students the ability to further their career paths. No experience is needed to apply to the program.

For many the skilled trade field is a family tradition that is passed on from one generation to the next. Arnulfo "Arnie" Dealba, who serves as an instructor at the facility, was taught the carpentry trade by his father, but never thought a program like this would have such a huge impact on his life.

"I was getting in trouble, my plan when I moved (to Michigan from California) was to make money and move back," Dealba states. "When I got here I started making money, I realized if I moved back I was going to go back to my same habits, it was time to grow up."

Dealba speaks highly of being in a union. "I know a lot of people who aren't in the union, and they work from sunrise to sundown and are only making $120 for a 12-hour shift." He says that unionized workers have more protection and don't get taken advantage of like some non-union workers.

As the cost of a four-year college tuition continues to dramatically rise and there is great demand for carpenters and millwrights, a trade school seems to be more of an option for anyone coming out of high school or looking for a fresh start in their career. "If you have the desire and the motivation to do it, it's not too hard," Ortiz said.

If you missed the combine, visit www.buildmifuture.com for more information about becoming an apprentice.

Con't de pg. 1

El MRCC se trasladó a sus nuevas instalaciones hace aproximadamente un año y ha hecho un gran esfuerzo para reclutar a los habitantes del suroeste de Detroit; sin embargo, ha habido cierto rechazo por parte de algunas de las escuelas locales y el MRCC está tratando de entender el por qué.

Juan Ortiz, un representante comercial de MRCC y el único agente bilingüe de habla hispana en el sureste de Michigan, ha encabezado la tarea de informar a la comunidad sobre el sindicato.

Ortiz comenzó su carrera hace 25 años como carpintero y ha sido fundamental en la contratación de personal latino en el centro de capacitación. "La necesidad de miembros latinos ha estado allí desde que yo estaba en ese campo", dijo Ortiz. "Dejé claro que necesitábamos una secretaria bilingüe y un maestro bilingüe, y ahora los tenemos a ambos".

Tom Lutz, Secretario Ejecutivo-Tesorero (director oficial del MRCC), tuvo la oportunidad de explicar por qué es importante tener un evento como éste para el sindicato.

"Los comerciantes construyen el mundo físico en el que vivimos, sin importar cuán digitales nos volvamos, y no puedes encontrar a esa persona en un currículum", dijo Lutz. "Así que creamos este evento para darles la oportunidad de compartir con los contratistas, que están buscando a personas con estas habilidades y mostrarles a estos posibles empleadores cuánto conocen estas personas sobre estos oficios calificados".

Lutz continuó explicando por qué se cree que hay una falta de estudiantes latinos en las instalaciones y la lucha que se tiene por conectarse con la comunidad.

"La industria de la construcción, en esencia, es probablemente 90 % masculina y probablemente 70 % blanca, y estamos tratando de cambiar eso. A veces, una las barreras de la etapa inicial es el idioma, pero estamos tratando de superarlas teniendo agentes comerciales que hablen español, con hombres y mujeres morenos que nos representen", dijo Lutz. "Estamos tratando de cambiar y abrir las puertas a las personas de las comunidades desatendidas, y la comunidad (latina) definitivamente está desatendida en el mercado de la construcción".

Lutz y Ortiz destacaron algunos de los beneficios que brinda el MRCC, al ofrecer un programa de aprendizaje becado, en el que los estudiantes vienen a clase un día cada dos semanas y se les paga mientras estén en la escuela. Otro beneficio de ser parte del sindicato es tener un horario de trabajo regular y poder calificar para las diferentes prestaciones. La educación que se brinda en las instalaciones puede convertirse en créditos universitarios, lo que brinda a los estudiantes la posibilidad de avanzar en sus carreras profesionales. No se necesita experiencia para aplicar al programa.

Para muchos, el campo del comercio especializado es una tradición familiar que se transmite de generación en generación. Arnulfo "Arnie" Dealba, quien se desempeña como instructor, aprendió el oficio de carpintero de su padre, pero nunca pensó que un programa como este tendría un impacto tan grande en su vida.

"Me estaba metiendo en problemas, mi plan cuando me mudé (a Michigan desde California) era ganar dinero y regresarme… cuando llegué aquí comencé a ganar dinero y me di cuenta de que si regresaba volvería a los mismos hábitos, era hora de crecer" afirma Dealba. Quien habla muy bien de estar en un sindicato. "Conozco a muchas personas que no están en el sindicato, trabajan desde el amanecer hasta el anochecer y solo ganan $120 por un turno de 12 horas" y afirma que los trabajadores sindicalizados tienen más protección y no se aprovechan de ellos como de algunos trabajadores no sindicalizados.

Dado que el costo de la matrícula universitaria de cuatro años continúa aumentando drásticamente y existe una gran demanda de carpinteros y constructores de molinos, una escuela especializada parece ser una opción más adecuada para cualquiera que termine la escuela secundaria o busque un nuevo comienzo en su carrera. "Si tienes el deseo y la motivación para hacerlo, no es demasiado difícil", dijo Ortiz.

Si se perdió el evento, por favor visite www.buildmifuture.com para obtener más información sobre el proceso de inscripción.

All Saints Soup Kitchen and Food Pantry

On June 13, 2022, a reopening of the food pantry began at the new location, and one year later, on Ash Wednesday, Feb. 22, 2023, the Soup Kitchen reopened to serve hot meals between 12noon and 1:30pm every Wednesday.

Monsignor C. Kosanke (right) Prepares to Bless the ASSKFP

Con't from pg. 1

ASSKFP is officially open and ready to serve. The food pantry hours are Monday and Thursday from 1pm — 3pm, and the soup kitchen service hours are from 12noon to 1:30pm every Wednesday. To learn more about All Saints Soup Kitchen and Food Pantry, to volunteer, donate, or serve, please call 855-882-2736 ext. 3321 or visit ccsem.org/allsaints/

About Catholic Charities of Southeast Michigan

Compelled by the love and teachings of Jesus Christ, Catholic Charities of Southeast Michigan (CCSEM) provides programs and services that offer help and hope to over 20,000 people annually throughout the six counties served by the Archdiocese of Detroit. For more information, please visit www.ccsem.org

Catholic Charities of Southeast Michigan

(CCSEM) serves the most vulnerable of our community, providing a broad spectrum of social services in Lapeer, Macomb, Monroe, Oakland, St. Clair, and Wayne Counties. Reflecting profound respect for human life, the dignity of each person, and a commitment to strengthen families, each year, CCSEM helps more than 20,000 people of all faiths, races, and cultures throughout southeast Michigan. CCSEM's programs transform lives, relationships, and futures, serving pregnant women, young mothers, infants, children, teens, adults, seniors, couples, and families.

Diles que lo Viste en *EL CENTRAL*

Tell them you saw it in *EL CENTRAL*

SER DETROIT YOUTHBUILD LEARNING ACADEMY

Public Notice of Budget Hearing

Pursuant of Michigan Open Meetings Act, Act No. 267 of the Public Acts of 1976, being Sections 15.261 to 15.375 of the Michigan Compiles Laws.

of the

Board of Directors

Of

SER YouthBuild Learning Academy

9301 Michigan Avenue

Detroit MI 48210

313-945-5200

Date of Meeting:	**June 12th, 2023**
Time of Meeting:	**5:30 pm**
Location:	**9301 Michigan Avenue, Detroit MI 48210**
Purpose:	**Budget Hearing**

The meeting minutes are available for public inspection at the Academy within 8 business days for proposed minutes and 5 business days for approved minutes

The Academy shall comply with subtitle A of Title II of the Americans with Disabilities Act of 1990, Public Law 101-336, 42 USC 12101 et seq. or any successor law. Should you require specific accommodation(s) please contact Delria Crippen at (313) 945-5200 prior to the meeting.

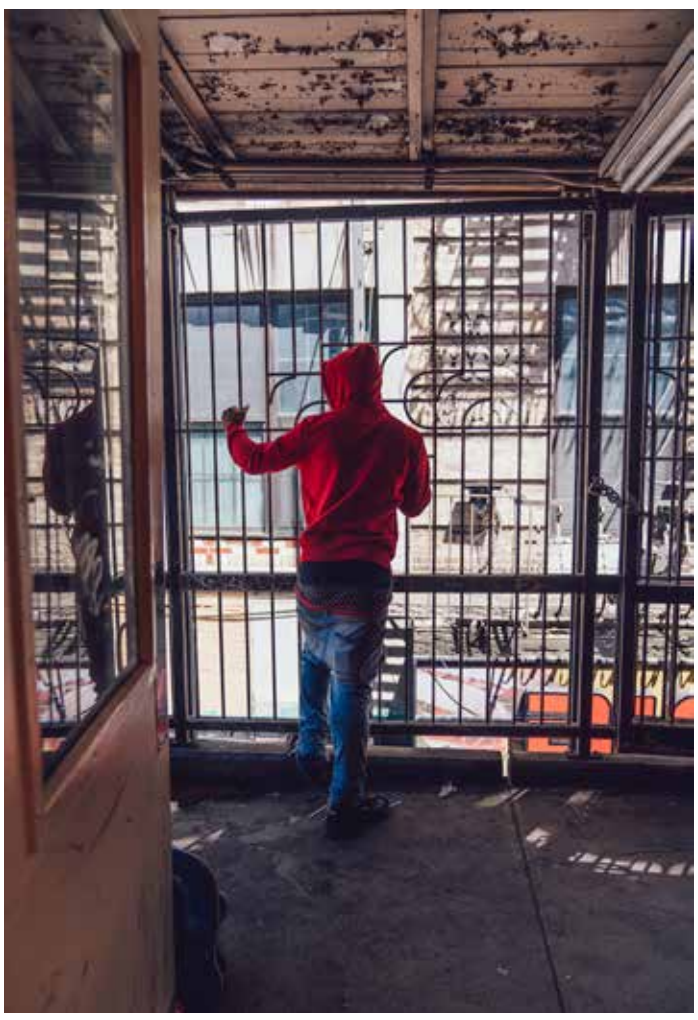
Special, World's Cultures

Rap–Poetry

Pérez

by Mariana Ayón RV

Brooklyn's land is burning,
And he was 16 years old
when he was shot,
they protested,
But they burned their eyes
with pepper spray,
They warmed the navel
with anger
And they wanted to calm
their will,
How are they explained
that this is not as they say
it happened?



There is only four in the after-
noon,
And they have already checked
their pockets about four times,
looking for drugs,
For guns,
Because they are just trying to
divide them,
They criminalize them.
They say that his Pérez last name
has the curse of his race,
And his the blood is the one
spilled on the streets,
The same one that is imprisoned.

It doesn't matter if they didn't
believe in violence,
They've been discriminated all
their life.
There is no skin that is bad,
There is no hair bad either.

Pérez call him in the secretary of
state,
but his name does not mean
anything for them,

Only the desire to get him
to work.

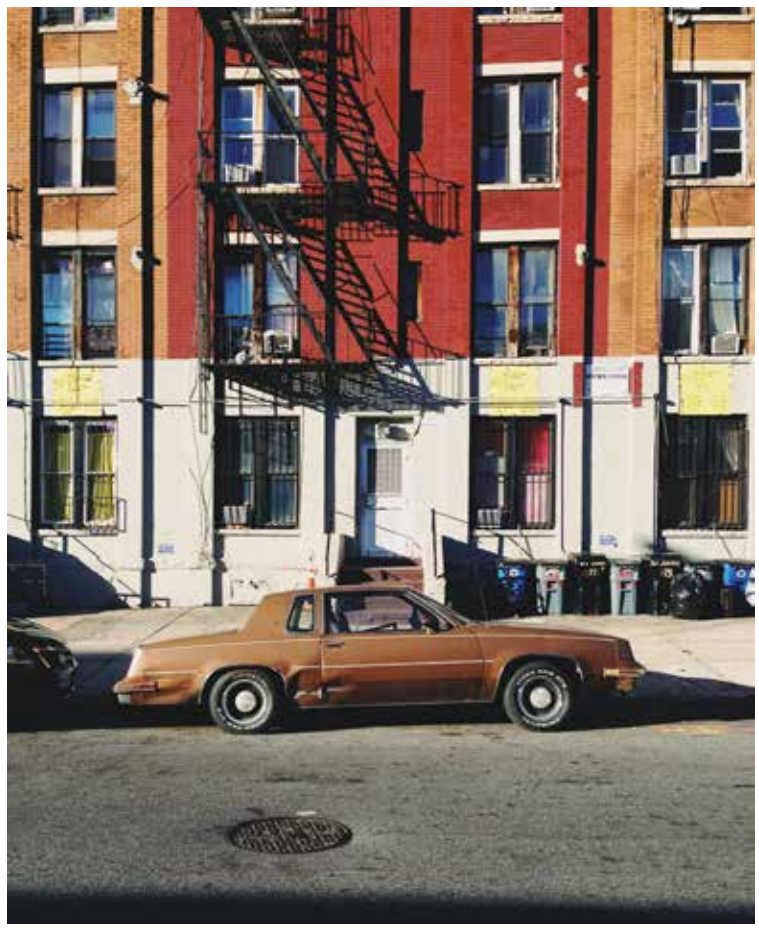
They don't even leave them,
In the news they put the
blame on them,
But how can they justify the
many shots they shoot,
three from behind,
that's over killed,
In the statements they say
he had the gun of his
color.

In flatbush that's normal,
because they aren't white,

Ocean Avenue is the ave-
nue of those who are not
lawyers,
They are not Anglo -Saxon,
Neither Bay Ridge,
They are not more than
workforce,
And gold has no more value
than brightness,
The drug is consumed and kills the entire neighborhood.

This is dirty, dirty,
And they do not celebrate Cristobal Colón,
What gratitude should be allowed to kill dignity?
And to be happy there is need of a lot and a little more,
Maybe a little more and more,

I lose the keys,
I don't know where I left them,
Maybe with the life of who already left,
Maybe in Africa and Latin America.



They want to divide them,
that say we are not all friends,
that we are enemies,
Meanwhile, they are shooting People on Their Back,
Brown Blood People,
Other race people.

They are not White,
They are not wrong,
They Weren't Born at The Wrong Time in The Wrong ...

The sirens are heard,
Maybe now they took him ...
And perhaps the tunnel of light is only the illusion of not
being dark,
Although the dark is warmer.

He does not intended to have children,
And his mother asks him not to look for problems.
How He was pointing Them and Giving Them His Back?
The facts that narrate are not the same that happened,
They lie, they lie to them,
They care little
And there is no way to get out of here,
Flatbush is surrounded,
The press cannot arrive,
They fear that they would tell some truth,
The other truth.

They want them!
They accuse them because their hands claim to be clean,
they want Want Peace.

By, Mariana Ayón RV

Diles que lo viste en *EL CENTRAL* Tell them you saw it in *EL CENTRAL*

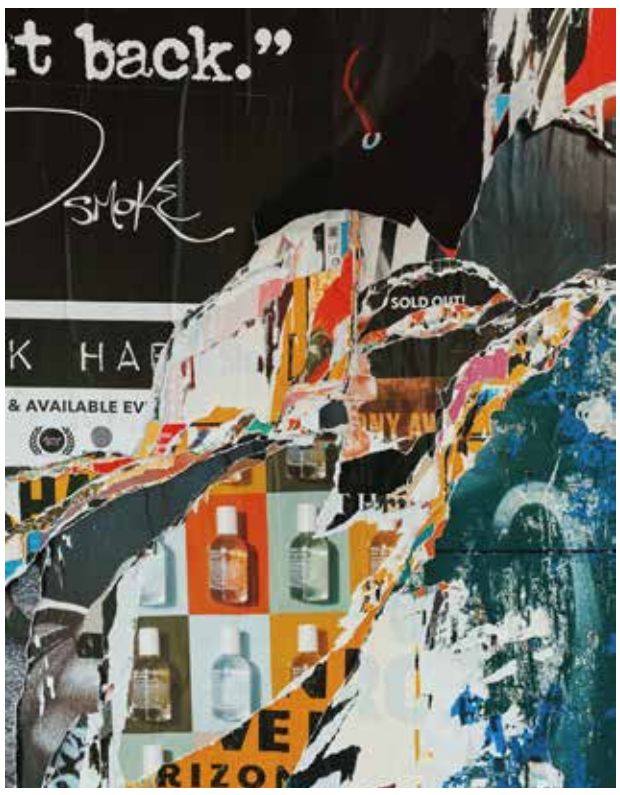
ESPECIAL CULTURAS DEL MUNDO

Rap–Poretry

Pérez

by Mariana Ayón RV

La tierra de Brooklyn está que arde,
y es que tenía 16 años cuando le tiraron,
se manifestaron,
pero les quemaron los ojos con spray pimienta,
se les calentó el ombligo con ira
y quisieron calmar su voluntad,
¿cómo se les explica que esto no es como dicen que sucedió?
Son apenas las cuatro de la tarde,
y ya le han chequeado los bolsillos cerca de cuatro veces,
looking for drugs,
for guns,
because they are just trying to divide them,
los criminalizan.
Dicen que su apellido Pérez tiene la maldición de la raza,
y ésta es la sangre que se tira en las calles,
la que está presa...



No importa que no creyeran en la violencia,
They've been discriminated all their life.

There is no skin bad,
There is hair no bad either.

Pérez le llaman in the Secretary of state,
but his name no significa nada para ellos,
sólo las ganas de ponerle a trabajar.

Ni siquiera los dejan marchar,
en las noticias le echan culpas a ellos,
pero ni eso perdona los tantos tiros que le dieron,
tres por la espalda,
that's over killed,
en las declaraciones dicen que tenía un arma del calibre de su color.
In Flatbush that's normal,
because we aren't white,

Ocean Avenue es la avenida de los que no son abogados,
no son anglosajones,
neither Bay Ridge,
no son entonces más que fuerza de trabajo,
y el oro no tiene más valor que el brillo,
la droga que se consume y mata a todo el barrio.

Esto es sucio,
sucio,
y yo no celebro a Cristobal Colón,
¿qué gratitud se le debe a dejar que maten la dignidad?
y es que para ser feliz necesito mucho y un poco más,
quizá un poco más y mucho,

Pierdo las llaves,
no sé dónde las dejé,
quizá con la vida de quien ya se fue,
quizá en África y Latinoamérica.

Los quieren dividir,
que no todos somos amigos,
que somos enemigos,
mientras, they are shooting people on their back,
brown blood people,
other race people.

They are not white,
They are not wrong,
They weren't born at the wrong time in the wrong...

Las sirenas se escuchan,
quizá ahora le toque a él...
y quizá el túnel de la luz es sólo la ilusión de no estar en lo oscuro,
aunque lo oscuro está más caliente.

No se piensa reproducir,
y su madre le pide que no se busque problemas,
pero sí se defienda.
how he was pointing them and giving them his back?

los hechos que narran no son los mismos que sucedieron,
mienten, les mienten,
les importa poco
y ya no pueden salir de aquí,
Flatbush está rodeado,
la prensa no puede llegar,
temen que les digan la verdad,
la otra verdad.

They want them!
ellos acusan porque sus manos dicen estar limpias,
they want them,
they also want peace.

By, Mariana Ayón RV

Espera nuestro Especial Semanal

CULTURAS LATINOAMERICANAS,

by Mariana Ayón RV

New Resource Helpline Launched to Assist Detroiters

Detroit residents can call 866-313-2520 to obtain array of housing-related support services

The City of Detroit, Gilbert Family Foundation, and CHN Housing Partners have teamed up to transform how Detroiters access housing resources and services, anchored by a new centralized City hotline and a $10 million investment from the Gilbert Family Foundation.

The City, with support from the Gilbert Family Foundation, recently launched the Detroit Housing Resource HelpLine (866-313-2520) as a single point of entry for Detroiters needing to connect to housing-related services. Spearheaded by the Mayor's Office and Housing and Revitalization Department, and operated by Wayne Metro Community Action Agency, the HelpLine is available to all Detroit residents.

"The City and its partners offer a lot of great services to help Detroiters with their housing needs, but they don't mean much if people don't know how to access them," said Mayor Mike Duggan. "Thanks to the efforts of our partners and the generous support of the Gilbert Family Foundation, we now have a simple process to guide residents to the right housing resource and a growing number of programs to help them."

Through the HelpLine, homeowners and homebuyers can access an array of resources available through the Detroit Housing Network, such as property tax foreclosure counseling, connections to home repair services, homebuyer preparation counseling and education, assistance with property tax issues and financial counseling. The HelpLine will also connect renters to resources, such as legal assistance for evictions and support to report poor rental property conditions. Residents can also connect to financial counseling and secure employment assistance through the HelpLine. These renter programs include resources available through the City as well as previous Gilbert Family Foundation investments like the Detroit Eviction Defense Fund.

The Detroit Housing Network (DHN), a City-led coalition of Detroit-based housing service providers, is being bolstered by a historic $10 million investment from the Gilbert Family Foundation as part of its efforts to increase housing stability, affordable homeownership opportunities and economic mobility for Detroiters. The Detroit Housing Network is administered by CHN Housing Partners and includes Central Detroit Christian CDC, Bridging Communities, Jefferson East Inc., Matrix Human Services, USNAPBAC, Wayne Metropolitan Community Action Agency and Southwest Economic Solutions.

"Southwest Economic Solutions is excited about the investment being made into the Detroit Housing Network to support housing counseling programs like ours. Housing counseling is integral to a healthy and sustainable housing ecosystem in Detroit," said Hector Hernandez, Executive Director of Southwest Economic Solutions.

City, Gilbert Family Foundation and CHN Housing Partners Team Up to Expand Housing Support for Detroiters, Simplifying Access to Critical Resources

• Partnership launches Detroit Housing Resource HelpLine to centralize access to housing services, including a newly expanded network of resources for Detroit renters and homeowners

• Housing resource expansion made possible thanks to landmark $10 million Gilbert Family Foundation investment into Detroit Housing Network

We are especially grateful to have the opportunity to increase the access to these housing programs in Southwest Detroit - as we know these services are much needed. Southwest Detroiters will now be able to easily enroll in various housing services through DHN and will be directly connected to organizations, like ours, that are right in their community. Helping and keeping Detroit residents in their homes is what this partnership brings, and we are honored to play a role in this initiative," said Hernandez.

How it works

The City's Housing and Revitalization Department led the development of the Detroit Housing Network and the HelpLine by providing financial support, collaborating on program design and incubating these services to enhance program delivery for residents across the city.

"We are incredibly excited to offer these resources to residents that provide a renewed focus on access and customer service," said Julie Schneider, director of the City Housing and Revitalization Department. "The creation of the Detroit Housing Network and the HelpLine will provide residents one-on-one support to navigate community resources and get closer to reaching their housing goals."

Detroiters will be able to access this vast network of housing supports by calling the HelpLine, which will be staffed Monday through Friday, 9 a.m. – 5 p.m. When a resident calls 866-313-2520, they will speak to a member of the Detroit Housing Resource HelpLine.

Residents with pressing issues will immediately be connected to the resource they need. With the information obtained through the HelpLine, residents will be connected to each resource they qualify for and the organization providing it.

Creation of the hotline was a major part of the $203 million affordable housing plan announced last year by Mayor Duggan, along with Detroit City Council members Mary Waters, Angela Whitfield Calloway, Latisha Johnson and Gabriella Santiago-Romero.

Landmark $10 million investment

The Gilbert Family Foundation investment – part of Dan and Jennifer Gilbert's 10-year, $500 million commitment to the city of Detroit – will be used to scale existing Detroit Housing Network offerings and onboard future programs and services over the next three years that empower Detroiters to reach their housing goals.

Mayor Mike Duggan, Detroit City Council President Mary Sheffield, Detroit City Council Member Mary Waters, HRD Director Julie Schneider, and HRD Associate Director David Bowser celebrate with partners the launch of the Detroit Housing Resource HelpLine and a historic investment into the Detroit Housing Network.

As new resources for renters, homeowners, and homebuyers are made available in Detroit, residents will be able to use the HelpLine to secure them rather than having to navigate various pathways to programs.

"Every Detroiter deserves access to safe, stable and healthy housing, as part of their journey toward economic mobility and financial freedom," said Laura Grannemann, Executive Director of the Gilbert Family Foundation. This partnership with the Detroit Housing Network and the City of Detroit creates a new front door for housing services, dramatically simplifying the complex process of connecting with housing resources and expanding services to homeowners and renters alike."

Through this catalytic investment, neighborhood-based housing service providers that are Detroit Housing Network Members will be able to share workflows and information to simplify the way Detroiters obtain essential housing assistance. One key component of this shared workflow is a unified intake form that some residents needing multiple interventions will be asked to complete. Questions may include specifics around their housing situation, preferred outcomes, supporting documentation and more.

CHN Housing Partners will additionally provide Detroit Housing Network Members with exclusive services, including ongoing training, reporting support and marketing consulting. It will further utilize the investment to expand the Detroit Housing Network's public awareness and capacity to serve more Detroiters.

"This investment from the Gilbert Family Foundation, along with leadership of the City of Detroit and the collaboration of our Detroit Housing Network Members, is setting a foundation for a more systemic approach to housing service delivery and policy in Detroit," said Kevin Nowak, Executive Director of CHN Housing Partners.

"This is the simplified approach that Detroiters need to keep housing stability and the dream of homeownership alive, accessible and equitable in our great city," added Jason Headen, Vice President of Detroit Market for CHN Housing Partners.

To learn more about the Detroit Housing Network and their current service offerings, please visit DetroitHousingNetwork.org.

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We Have a Winner for the Hour Detroit Pizza Bracket

After several upsets, Hour Detroit readers have spoken and the top pizzeria in metro Detroit, is …

By Hour Detroit Staff

About a month ago, Hour Detroit took a dive into metro Detroit's pizza scene to find 32 of the area's favorite pizza spots and pit them against one another in a bracket to find what our readers consider the best local place for pizza.

Among the contenders were Detroit-style royalty Buddy's, Cloverleaf, and Loui's, along Little Italy, Como's Restaurant, Fredi the Pizzaman, and many others.

After three rounds, Buddy's went to battle Sicily's Pizzeria & Subs, while Crispelli's Bakery & Pizzeria took on Shield's to claim the top two spots.

Shield's went on to beat Crispelli's, and in what might be the biggest upset of the bracket, Buddy's fell to Sicily's. This left Shield's and Sicily's to go head-to-head in the final round.

In the end, Hour Detroit readers awarded Sicily's as the top pizzeria in metro Detroit.

Sicily's Pizzeria & Subs has been "pursuing perfection since 1989." Their menu boasts Detroit's only "naturally-fermented sourdough pizza," with no sugar, vegetable oil, commercial yeast, and never bleached or bromated flour.

Ingredients on their made-to-order pies are fresh and locally sourced. You can get them round or Detroit-square in options like the Benchmark Margherita, BBQ Chicken, Hawaiian Delight, and the Sicily's Special, which includes Grande mozzarella, pepperoni, ham, mushrooms, onions, and green peppers on a marinara base. Other menu items offered include calzones, meatballs, and salads.

Visit them at 3553 W. Vernor, Detroit. Call 313-554-0755 or visit sicilysdetroit.com for more information.

Ali Beydoun proudly displays a Sicily's Pizzeria special

Sicily's Pizzeria logo and photo courtesy of Sicily's Pizzeria

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EL CENTRAL
HISPANIC NEWS

Congress of Communities Welcomes "Youth-Driven

By Juanita Zuniga

Congress of Communities (CoC) held the grand opening of their youth-driven community house on Saturday, May 20th.

The home sits right at the corner of St. Hedwig St. and Junction Ave. surrounded by flowerbeds, a playground, and so much love from the youth who spearheaded this project.

The idea of the house came from the youth of CoC who participate in the organization's daily programming. They felt the need to do something tangible to contribute to their development as members of their community.

"It started when a group of our youth from the youth council went to the Neutral Zone Youth Driven Spaces conference, and they pitched the idea. They said that they wanted a space that was for youth, by youth in Southwest Detroit where they could feel comfortable, participate in programming and also just be themselves and grow into leaders," said CoC's Youth Programming Director Chinelo Onuigbo.

And, that's what they did. No decision about the house went without consulting with the youth of CoC and their input. Thereby giving youth a voice but also providing a space where everyone is welcomed regardless of age, race, gender, or abilities.

"It was mainly built up by the youth. It's inclusive. It's like everybody's gonna like it cuz like we know the culture, you know, we know what's comfortable these days, you know? It's not outdated," said Kayla Guerrero, a youth member of CoC.

In the house, you can find mental health rooms, nooks and crawl spaces, along with cool and fun gadgets and accessories that, at first, seem like just really cool additions. But, in fact, these exact things are just some of the many things that can support youth in their journey to become leaders in their community. With a focus on their well-being and accessibility, CoC created a youth home that is comfortable and welcoming to young folks to just be themselves.

"This is a space for them. This is a space where people can learn to nourish the leader within them. Because community is just a beautiful thing. We like to experience joy here, healing, and celebration," said Onuigbo.

On Saturday, families, students, and community members from all over Southwest joined for the unveiling of the house accompanied by tours of the work that was done, music, Folklorico performers, food, games, and lots of support from other community organizations in the area.

"We've seen a lot of different groups come out today and you can just see and tell how many people care about this place, this place and space. And we're very excited for all the youth to finally come and enjoy it," said Joselyn Cortes-Samano, a youth member of CoC.

The CoC house, which is now open to the public, is a space for youth and community alike to come in and be provided with space to study, take a break, and find programming or resources from community partners. This house was built for the community and by the community it serves.

In the future, the folks at CoC are hoping this starts a trend in the community of Southwest Detroit and focuses on what having a community house provides to a community. And, what would it look like if there were more?

"We could show this as a model to have hubs in Detroit that are redone, big houses where people can walk to and get resources. And that we can have events like this and bring services in where we can bring the residents," said Maria Salinas, Executive Director of Congress of Communities

The house, was funded largely in part with the Kresge KIP:D grant and support from the Skillman Foundation and their 10-year Good Neighborhoods initiative along with many other donors and grants given by the community. The list of all contributions made to the house is posted on the Donor Wall located at the entrance of the house.

Moreover, CoC hopes to continue to host community events along with their programming, and to bring in local residents as often as they can. To find out more about what they're doing and many more of their upcoming community events, follow them on Instagram at @coc_swdetroit or on Facebook as Congress of Communities.

Juanita Zuniga is a graduate of Kalamazoo College with a degree in Anthropology/Sociology and English. She was born and raised in Southwest Detroit and still resides there today. She is very passionate about her community and hopes to serve her community through writing.

Local ensemble MC3 delight the crowd with their captivating Latin rhythms

From left, board members William Barreto, J. Marie Overall, Deborah Leza, Olga Rodriguez, Maria Salinas and Pastor Ryan Kolander stand with Detroit Mayor Mike Duggan

Detroit Mayor Mike Duggan proudly stands with the youthful members of Congress of Communities, some of whom played a key role in the design of the new community house

Maria Salinas enthusiastically guides Mayor Mike Duggan on a tour of the house exterior during the grand opening event

Board members and workers of the Congress of Communities pose for a commemorative snapshot with Detroit Mayor Mike Duggan

The shelves of the Congress of Communities house proudly display a small but powerful book collection, encompassing diverse narratives of resilience and empowerment for the black and brown, queer, discriminated, and oppressed communities

Community House” to Southwest Detroit

Photos and captions by Kopalli Media/Alejandro Ugalde

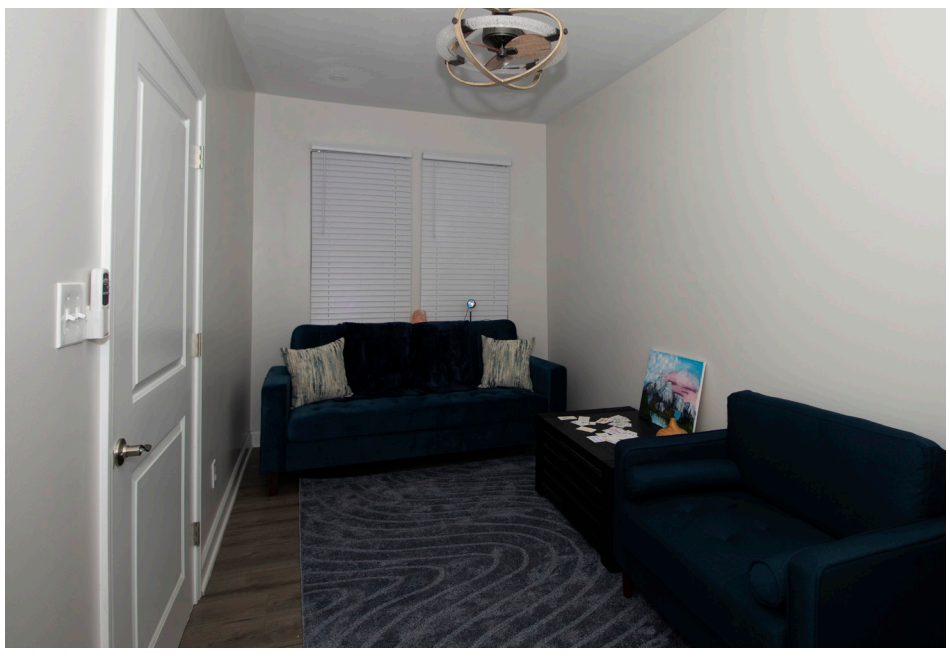
Food was provided by "Las Delicias" Mexican restaurant, adding to the festive ambiance

A community member takes a selfie with Detroit Mayor Mike Duggan

Upon his arrival at the Congress of Communities grand opening event, Detroit Mayor Mike Duggan is greeted by community members

From left, Amanda Holiday, Director of Early Childhood Programming, Detroit Mayor Mike Duggan, and Maria Salinas, Executive Director of Congress of Communities

The upper level of the Congress of Communities house offers inviting spaces for reading, working, or simply unwinding, providing a versatile environment for relaxation and productivity



The house has a dedicated room for tranquility and stress relief

A friendly game of Jenga, one of the many complimentary activities available to the young attendees, which also included bouncy houses and a clown show, at the grand opening of the Congress of Communities house

A sweeping view of the lower level of the Congress of Communities house reveals an open concept design, fostering a sense of connectivity and inclusivity within the space

Tigers In Contention !!!

EL CENTRAL
HISPANIC NEWS
SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

The Detroit Tigers (21-24, as of early Tuesday afternoon, currently find themselves 2.5 games behind first place Minnesota Twins (25-23).

The Tigers have gained some momentum, and have moved in the American League Central standings.

If the Tigers continue winning, they might have a chance at making the MLB Playoffs and a shot at the World Series.

The Detroit Tigers defeated the Kansas City Royals (14-35), 8-5 in the 10th inning, with bases loaded.

Javier Báez, hit a 3-run double, to put the Tigers up 8-5.

The Tigers return to Comerica Park on today, Thursday, May 25th to host the Chicago White Sox, through Sunday, May 28th, then host the Texas Rangers, Monday, May 29th (Memorial Day) through Wednesday, May 31st, before going back on the road.

Photos by: Michael Alberts/ EL CENTRAL

Photos below are highlights from the Detroit Tigers and the Pittsburgh Pirates

Miguel Cabrera

Andy Ibáñez

Eric Haase

Spencer Torkelson

Javier Báez

Zack Short

Jake Rogers

Eduardo Rodriguez

EL CENTRAL HISPANIC NEWS

Pateando la No. 5

SPORTS

USL CHAMPS FALL AT KEYWORTH

David Levine
EL CENTRAL

There had to be a reaction. After an embarrassing 5-1 thrashing in Tampa, Detroit City had to do something to revive their season. They sat rock bottom of the USL Championship with just one league win and fading hopes of making a playoff push. Perhaps the arrival of the defending champions from San Antonio wasn't what anyone associated with the team would have wanted, especially knowing that the champions had just been to the home of the Eastern Conference leaders in Charleston and ripped them apart 7-0. One team came in rolling and the other rocking.

Amazingly, not only did Detroit City not rollover, they fought like their season depended on a result, because it probably did. Trevor James might not have an ideal starting eleven yet, with injuries and budgets limiting his options, but he made some tactical tweaks that put Le Rouge in a much better position to compete against one of the elite teams in the division. James remained true to his defensive ideals with a back three. Devon Amoo-Mensah, Stephen Carroll, and Michael Bryant have played a lot of games together. With Matt Lewis' return unknown, they will likely have more time together. Backed by an elite goalkeeper in Nate Steinwascher, this is the heart and soul of the side.

Where James shuffled his pack was further forward. Only a single defensive midfielder, Tommy McCabe, played in front of the back three. This is a progressive move, given that James has typically played with two central players immediately in front of the back three. Then, he had a line of four midfielders across the width of the field. Rhys Williams and Connor Rutz took the wide positions with Maxi Rodriguez and Abdoulaye Diop in the middle. Rather than playing as defensive wingbacks as part of a back five, Williams and Rutz played as true attacking wingers.

Ben Morris and Skage Simonsen started as the front two. The main difference in the starting setup was that the wide players pushed further forward, putting more pressure on San Antonio's midfield to cover their threat. Simonsen and Morris didn't drift out to the flanks as often, because there was already an attacking presence, meaning they could focus more on working the centerbacks. Diop and Rodriguez had more time on the ball and influence on the game. Previously, that latter pair would be in the deeper roles in front of the defense and couldn't give the attackers enough support.

The change put DCFC on the front foot for some solid stretches of the first half. However, San Antonio remained a serious threat, because of one thing that cannot be coached: speed. Their front three all showed they could stretch the DCFC back line with raw pace. Fortunately, they used up all their goals routing Charleston and ran into a top goalkeeper in Steinwascher, who was quick off his line to clean up loose balls coming through the back line. Steinwascher also made a couple of sensational point blank saves during a frantic second half as City dug in to preserve their narrow lead.

Steinwascher was also responsible for establishing the lead he worked so hard to preserve. In just the fifth minute, he struck the ball straight up the middle of the field. Somehow, it eluded at least three opponents before bouncing into Simonsen's path. The lanky Norwegian rifled a volley that nicked the underside of the crossbar in the top corner to leave the entire San Antonio team looking at each other in stunned silence. It took an extra second for the Northern Guard to react as well. Once the realization of what had just happened was realized by the home support, they launched into a series of choruses with great fervor, exhorting the team to claim the first home league win of the season.

The much needed win didn't take DCFC off the foot of the Eastern Conference table, but it did tighten things up. There is now only a three point gap to the coveted eighth spot in the standings. The Birmingham Legion come into Keyworth on Saturday afternoon for the first game of a men's/women's doubleheader. The DCFC ladies will be playing Kalamazoo FC an hour after the men finish. The women have three draws in three games with a midweek trip to Cleveland ahead of this first ever doubleheader. It's time for both teams to put wins on the board this week. That would move them nicely up the table.

Panthers Continue To Struggle

The Michigan Panthers continue to struggle. The Panthers started the season 2-0, but have not been able to pull out a victory and have now lost 4 games straight. The Michigan Panthers hosted the Birmingham Stallions, this past Saturday, and lost to the Stallions 13-27.

The Panthers travel to Tom Benson Hall of Fame Stadium, in Canton, OH, this Sunday, May 28th, to take on the New Jersey Generals at 5:30 pm (FS1), then travel to Protective Stadium, in Birmingham, AL, on Sunday, June 4th, to take on the New Orleans Breakers at 4:00 pm (FOX), then travel to back Tom Benson Hall of Fame Stadium, in Canton, OH, this Saturday, June 10th, to take on the Pittsburgh Maulers, at 12:00 pm (FOX), before returning home for their final home game, at Ford Field on Sunday, June 18th, to host the Philadelphia Stars at 7:00 pm (FOX)

Photos by Adam J. Dewey

Photos below are highlights from the Michigan Panthers vs. Birmingham Stallions

Claressa Shields, the undisputed female light middleweight title since March 2021; the undisputed female middleweight title from 2019 to 2020; the unified WBC and IBF female super middleweight titles from 2017 to 2018, and Olympic Gold Medalist was in attendance.

EDITORIAL OPINION

"Will Prof. Victor Davis Hanson Write "Seditious Conspiracy in the White House?"

By Raoul Lowery Contreras

What would a reasonable person call a career professor at California State University, Fresno, who smeared children of illegal immigrants from Mexico; to wit: Illegal aliens from Mexico have no appreciation or attachment to education (like we White Americans do).

In a non-sourced, no-footnotes diatribe entitled "Mexifornia - a State of Becoming" that was published by a non-profit publisher in San Francisco Hanson insulted and smeared Mexicans just as his President did years later when he announced for President..

The professor attacked Mexican farmworkers in his neighboring Central California for being anti-education; of generally being thieves, and of being criminal lawbreakers. He passionately believes as former President Donald J. Trump does that Mexicans are "rapists," "criminals" and aren't the "best" Mexico sends to the U.S.

Plus, his background of never serving in the U.S. military shows when he accuses the children of the illegally-present for not being loyal to the U.S. In fact, one, possibly two young men who were brought to the U.S. as children illegally not only served like so many Mexican Americans but were awarded the highest military award of the U.S., the Congressional Medal of Honor.

Fresno State - where Hanson taught, had 25,000 students when he retired of which 12.1 percent were of Asian background, 18.3% Non-Hispanic Whites and -- drum roll --54.7% were Hispanic (which, of course, can be of any race). Fresno County is number two in U.S. agricultural production, the area is mostly Mexican with a large farm worker population that earns an annual average of $31,500. California's annual household income is $84.000 by comparison.

Nonetheless, Mexican parents work hard in the fields and their kids are going to college in between hours working in the fields with their parents. If, as Hanson smears in his writing, Mexicans don't appreciate education, how is it that 54% of his campus was and are the very people he dismissed as not appreciating education and implying that they are incapable of being educated, and are generally thieves and break the law every time they take a breath in the United States, how?

Apparently, Professor Victor Davis Hanson doesn't know that despite being one of the rarest creatures on earth, a University of California Phd career professor whose political lips are firmly planted on Donald J. Trump's ample rump, some of his writings are highly inaccurate, inaccurate to the point that his declarations are so unlikely, untrue and sheer propaganda, that they and he must be called out.

In the ultra-conservative publication TownHall.com we find a Hanson essay that shows off his views on, among other things, race, racism and "Racialist Demagogues." We also see how he simply does not see what he sees or he doesn't understand what he sees.

For example: He writes (Biden) "inherited energy independence"...(Wrong. The U.S. imported millions of barrels of oil every month that Trump was President) Hanson is wrong.

Trump, Hanson says "largely closed (sic) border with legal-only immigration." (False. Trump only constructed 55 miles of new Trump fence during his 4 years. His people violated federal laws on the border that amounted to the government taking children away from parents and losing them. If private people had done that they would be guilty of kidnapping.

There are still more than a thousand children that were stolen from their parents while Trump was in the White House that have not been reunited with their families.

As far as loyalty and duty, Professor your hero is facing additional serious felony charges in Florida and Georgia by both federal and state authorities that apparently don't faze your deep-seated view of this man who did not "defend and protect the Constitution" on January 6, 2021, and who faces being charged with violating the Espionage Act, Obstruction of Justice, Interference with elections and, possibly, more federal violations.

Maybe someone will write a book, with footnotes, describing how the surprise winner of an election he never should have won produced a federal prisoner who was finally shut down by his own stupidity and "racialist" views.

Maybe one of those invisible Fresno State 13,000-plus children and grandchildren of Mexicans who came to the U.S.A. to work and better their lives will write that book about "Seditious Conspiracy in the White House." We know one thing, Victor Davis Hanson, will never write that book.

Opinions in this column are not necessarily those of the Publisher or Editor

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- G.K. Chesterton

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May 2021

Salud/*Health*

Prioritizing Your Health Now That the Public Health Emergency is Over

(StatePoint) With the national COVID-19 Public Health Emergency officially over, medical experts say it's time to address the health challenges that may have been neglected during -- or created by -- the pandemic.

"Making time for you and your family's preventive medical care and investing in your mental health is essential right now," says Jack Resneck Jr, MD, president of the American Medical Association (AMA). "As you settle into old routines or find new ones, you may be feeling overwhelmed, anxious, afraid or depressed. Give yourself permission to express these emotions, while taking steps to get needed care."

For better health and wellness, the AMA offers these tips:

1. Stay connected: According to the U.S. Surgeon General, the health consequences of isolation include a 29% increased risk of heart disease, a 32% increased risk of stroke, and a 50% increased risk of developing dementia for older adults. Spending time with loved ones, friends or community groups can quickly have a positive impact on mental and physical health.

2. Practice self-care: Getting regular exercise, practicing gratitude and getting enough sleep are all forms of self-care that can improve mental health. Check out the National Institute of Mental Health's resources, which include ideas for better understanding what causes your symptoms and what coping techniques might help you manage your mental health.

3. Know the signs: Feelings of hopelessness or irritability, loss of interest in hobbies and activities, and decreased energy or appetite can all be signs of depression. If you are experiencing signs of a mental health condition, speak to your primary care physician or a psychiatrist. Be aware of the 988 Suicide & Crisis Lifeline, a national hotline available 24/7. Anyone experiencing a suicidal, substance use or mental health crisis can call or text 988 to speak to trained crisis counselors.

4. Get screened: It's estimated that since April 2020, 3.9 million breast cancer, 3.8 million colorectal cancer and 1.6 million prostate cancer diagnoses may have been missed due to pandemic-related care disruptions. If you're due for preventive care, tests or screenings, make an appointment.

5. Don't wait: An estimated 41% of adults with one or more chronic health conditions reported delaying or forgoing health care since the pandemic started. Additionally, one in three of those adults reported that doing so worsened one or more of their health conditions or limited their ability to work or perform other daily activities. Whether you have a chronic health condition or not, don't wait until something is wrong before seeing a doctor. If something does feel off, schedule an appointment as soon as possible.

6. Get vaccinated: Adolescents and adult immunizations sharply declined during the pandemic and an estimated 26 million recommended vaccinations were missed in 2020 as compared to 2019. Make sure your family is up-to-date on vaccines, including the annual influenza vaccine and the bivalent COVID-19 vaccine for everyone 6 months and older. Your doctor can let you know if you're due for a COVID booster. If you have questions, consult your physician and trusted resources, including getvaccineanswers.org.

7. Know your numbers: Track health data such as height, weight, body mass index and blood pressure in order to share trends with your doctor and take action if needed. Visit ManageYourBP.org to understand what your blood pressure numbers mean and how to get your blood pressure under control. High blood pressure, also known as hypertension, affects millions of Americans and can increase heart attack and stroke risk.

For more tips and information, visit http://www.ama-assn.org.

"It's vitally important to prioritize mental and physical health. Contact your health care professional to schedule the care you need to keep you and your family healthy," says Dr. Resneck.

Priorizando su salud ahora que la emergencia de salud pública ha terminado

(StatePoint) Con la emergencia de salud pública nacional de COVID-19 oficialmente terminada, los expertos médicos dicen que es hora de abordar los desafíos de salud que pueden haber sido descuidados durante la pandemia, o creados por ella. "Hacer tiempo para la atención médica preventiva de usted y su familia e invertir en su salud mental es esencial en este momento", dice Jack Resneck Jr, MD, presidente de la Asociación Médica Estadounidense (AMA). "A medida que se adapta a las viejas rutinas o encuentra otras nuevas, es posible que se sienta abrumado, ansioso, asustado o deprimido. Date permiso para expresar estas emociones, mientras tomas las medidas necesarias para obtener la atención necesaria". Para una mejor salud y bienestar, la AMA ofrece estos consejos:

1. Manténgase conectado: según el Cirujano General de EE. UU., las consecuencias del aislamiento para la salud incluyen un aumento del 29 % en el riesgo de enfermedades cardíacas, un aumento del 32 % en el riesgo de accidente cerebrovascular y un aumento del 50 % en el riesgo de desarrollar demencia en adultos mayores. Pasar tiempo con seres queridos, amigos o grupos comunitarios puede tener rápidamente un impacto positivo en la salud mental y física.

2. Practique el cuidado personal: hacer ejercicio regularmente, practicar la gratitud y dormir lo suficiente son formas de cuidado personal que pueden mejorar la salud mental. Consulte los recursos del Instituto Nacional de Salud Mental, que incluyen ideas para comprender mejor las causas de sus síntomas y las técnicas de afrontamiento que podrían ayudarlo a controlar su salud mental.

3. Conozca los signos: los sentimientos de desesperanza o irritabilidad, la pérdida de interés en pasatiempos y actividades y la disminución de la energía o el apetito pueden ser signos de depresión. Si experimenta signos de una afección de salud mental, hable con su médico de atención primaria o un psiquiatra. Esté al tanto de 988 Suicide & Crisis Lifeline, una línea directa nacional disponible las 24 horas del día, los 7 días de la semana. Cualquiera que experimente una crisis de suicidio, abuso de sustancias o de salud mental puede llamar o enviar un mensaje de texto al 988 para hablar con consejeros de crisis capacitados.

4. Hágase la prueba: se estima que desde abril de 2020, 3,9 millones de diagnósticos de cáncer de mama, 3,8 millones de cáncer colorrectal y 1,6 millones de cáncer de próstata pueden haberse pasado por alto debido a interrupciones en la atención relacionadas con la pandemia. Si debe recibir atención preventiva, pruebas o exámenes de detección, programe una cita.

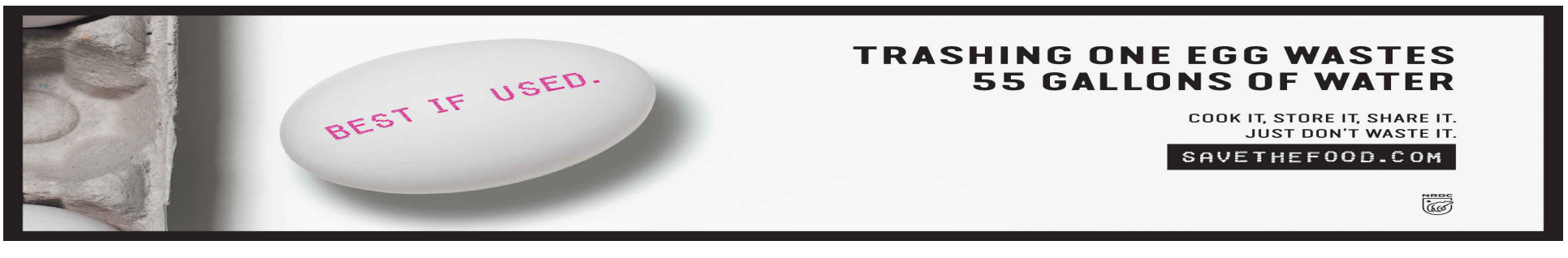
5. No espere: Se estima que el 41 % de los adultos con una o más afecciones de salud crónicas informaron haber retrasado o renunciado a la atención médica desde que comenzó la pandemia. Además, uno de cada tres de esos adultos informó que hacerlo empeoró una o más de sus condiciones de salud o limitó su capacidad para trabajar o realizar otras actividades diarias. Ya sea que tenga una condición de salud crónica o no, no espere hasta que algo ande mal para ver a un médico. Si algo se siente mal, programe una cita lo antes posible.

6. Vacúnese: las inmunizaciones de adolescentes y adultos disminuyeron drásticamente durante la pandemia y se omitieron aproximadamente 26 millones de vacunas recomendadas en 2020 en comparación con 2019. Asegúrese de que su familia esté al día con las vacunas, incluida la vacuna anual contra la influenza y la vacuna bivalente COVID-19 para todas las personas mayores de 6 meses. Su médico puede informarle si debe recibir un refuerzo de COVID. Si tiene preguntas, consulte a su médico y recursos confiables, incluido getvaccineanswers.org.

7. Conozca sus números: Realice un seguimiento de los datos de salud como la altura, el peso, el índice de masa corporal y la presión arterial para compartir tendencias con su médico y tomar medidas si es necesario. Visite ManageYourBP.org para comprender qué significan los números de su presión arterial y cómo controlarla. La presión arterial alta, también conocida como hipertensión, afecta a millones de estadounidenses y puede aumentar el riesgo de ataque cardíaco y accidente cerebrovascular.

Para obtener más consejos e información, visite http://www.ama-assn.org.

"Es de vital importancia priorizar la salud mental y física. Comuníquese con su profesional de la salud para programar la atención que necesita para que usted y su familia se mantengan saludables", dice el Dr. Resneck.



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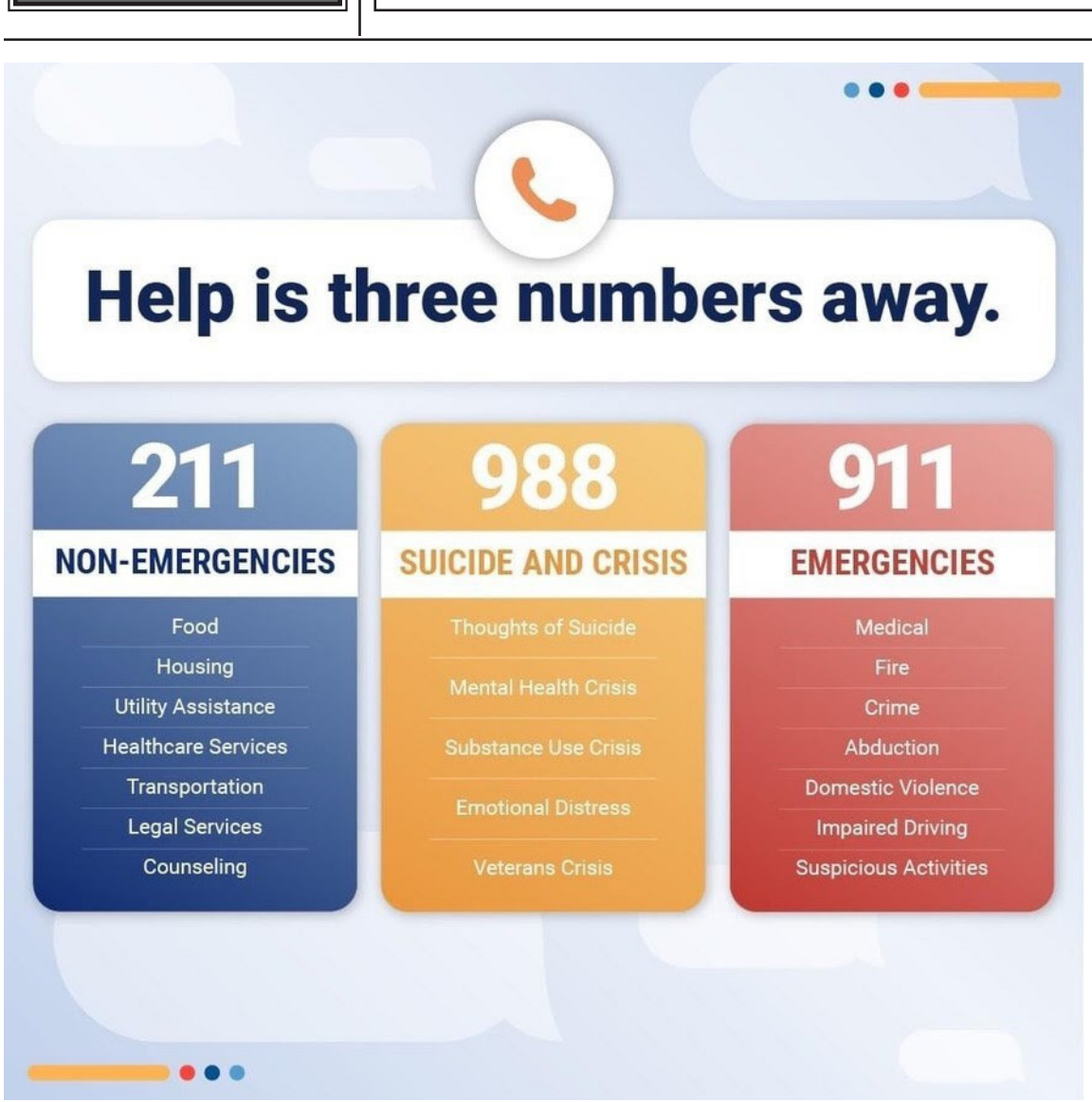

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